

Handout 3-8: Signs of Heightened Stress in Emergency Situations

Domain	Sign
Psychological	<ul style="list-style-type: none">▪ Depression▪ Sleeping difficulty▪ Chronic fatigue▪ Social withdrawal▪ Intrusive memories▪ Irritability, hostility, or sudden anger▪ Moodiness, emotional swings▪ Use of alcohol or drugs
Physical	<ul style="list-style-type: none">▪ Headaches▪ General aches and pains▪ Difficulty sleeping▪ Gastrointestinal pain▪ Chest tightness or pain▪ Muscular tension, twitches, tics, or tremors▪ Dry mouth
Cognitive	<ul style="list-style-type: none">▪ Difficulty concentrating▪ Difficulty in making decisions▪ Memory difficulties▪ Confusion or disorientation▪ Slowed mental processing
Behavioral	<ul style="list-style-type: none">▪ Social withdrawal▪ Irritability, hostility, or sudden anger▪ Lack of empathy or respect for others▪ Moodiness, emotional swings▪ Use of alcohol or drugs▪ Suspicion of people or situations